

weekly  
**menu**

**Monday, August 12, 2019**

Snack: Brown rice cereal served with a banana and milk

Lunch: Grilled cheese with sliced tomato on multigrain bread, served with watermelon and milk

Snack: Roasted brussels sprouts served with matzoh crackers and fruit infused water

**Tuesday August 13, 2019**

Snack: Banana bread served with milk

Lunch: Peanut butter or sun butter sandwich on whole grain bread, served with a pear, raw garden green beans and milk

Snack: Marinated cherry tomatoes and perlini mozzarella balls, served with savory toasted pita chips and water

**Wednesday, August 14, 2019**

Snack: Vanilla lentil crepe with berries and coconut cream, served with oat milk

Lunch: BBQ jackfruit sloppy joes with carrots and onions, served with orange slices and milk

Snack: Cheese quesadilla served with fruit infused water

**Thursday, August 15, 2019**

Snack: Oatmeal raisin cinnamon apple bar, served with milk

Lunch: Chicken with peas, carrots and onions in a pasta salad served with watermelon and milk

Snack: Toasted lentil chips served with a fresh apricot and water

**Friday, August 16, 2019**

snack: Peach-banana smoothie made with oat yogurt

Lunch: Portobello mushroom bowl with brown rice, black beans, onions and cilantro, served with pineapple and milk

Snack: Oatmeal raisin cookie served with milk

Local Vendors include: Farmers Cow, WholeG Bakery, Hindinger Farms, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood



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